

GREAT



GAMES

AND HOW TO PLAY THEM

Issued to the Primary Schools by the Canterbury Council of Amateur Sport



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who contributes an article in this journal.

OUR FIRST EDITION.

Dear Boys and Girls of Canterbury,—

Many great things have sprung from humble beginnings—and in presenting to you the first edition of "Great Games and How to Play Them," we trust this will be the forerunner of a monthly journal issued to every pupil in the Primary Schools of the Dominion. Owing to paper shortage, and the enforcement of many war economies, the scope of our first journal has been limited.

Our province is a sportsman's paradise—and few children in the world have greater opportunities than you of taking part in good healthy games. Your body requires exercise—muscles cease to function properly through inactivity, and if you wish to grow into a strong, healthy man or woman it is vitally necessary that you participate in some sport or pastime. If your play-ground at school is too small, there is always a paddock or a park not far away where you can practise the game of your choice with some of your chums.

If it happens to be cricket that you are playing, a part of the fun will be preparing a good level wicket for practice. Then, when you have got together a good side you can issue a challenge to another class, or to a team from another street nearby, for a friendly game. You will then be in a team—and will be playing for your side. To-day our New Zealand soldiers form a great side that has brought honour and glory to our country. As boys they played as a team—to-day they fight as a team for Freedom and Justice.

Just as the Duke of Wellington said that the Battle of Waterloo was won on the playing fields of England, we in New Zealand can say that our soldiers owe much of their renown to the games they participated in on the playing fields of the Dominion.

All games demand quickness of eye, mental alertness and courage. Lifelong friendships are made in the fields of sport, and the memories of your youthful contests—your victories and defeats—will remain with you as the years roll by.

If you wish to excel in a game, constant and endless practice is necessary if the game is worth playing. You will be required to deny yourself all sorts of pleasures—your body requires stern discipline to be at its best. In your anxiety to perform well, do not over-exert yourself. Keep physically fit, and refrain from practising when you are tired.

By following sound methods, being observant, and making certain that you are practising the correct ones, slowly but surely you will become efficient in the games of your choice.

There is a place in the world of sport for all of us. Make up your minds, boys and girls, that you will be healthier and happier if you play games.

The first issue of our journal will deal briefly with summer sports, and our next with winter games. Those of us who have derived endless pleasure from games are anxious that you, too, should share in the joy that comes from playing them. Canterbury has produced many outstanding athletes and players whose names should be familiar to you, and we have been fortunate in securing some helpful suggestions from some present-day athletes and sportsmen to help you along. For, after all, boys and girls, it is to you that we look to carry our colours in the days to come.

Games will teach you to take your victories with modesty, and your defeats with a smile. Defeats will come, but with grit and determination sooner or later you will turn them into victories. That is just what "We can take it" means. The boy or girl who keeps on plugging away—who never despairs—makes the type of New Zealander we are so proud of to-day.

The Canterbury Council of Sport, which is responsible for the issue of this journal, is a body representing most of the sports played in the province. Its aim is to encourage healthy physical activities and recreation. Our thanks are due to those associations and players who have contributed articles.

The men and women of our Council of Sport are deeply interested in your physical well-being, and in tendering you their best wishes for the coming year, they trust that you will make every endeavour to live up to the motto—"Mens sana in corpore sano"—a healthy mind in a healthy body—by taking part in some healthy outdoor game.

A. R. BLANK,
Editor.

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WHAT SPORT MEANS TO OUR SOLDIERS OVERSEAS.

By Lieutenant Col. J. T. Burrows, 2nd N.Z.E.F.

Much has been written about the value of Sport in Education, but here is a brief word about what it means in the life of N.Z. soldiers overseas.

A soldier's life is not all fighting. There are often long months of tiresome training in preparation for a campaign, and men become easily bored, especially when much of the work is repetition. It is at these times that sport takes a very important place in the training syllabus. Not only does it help to keep the soldiers physically fit, but it takes their minds away from the grimmer side of things. You may have read about the inter-unit Rugby competition which

began behind the Alamein Line and finished in Tripoli, or about the footballs that were kicked about in the desert between enemy air-raids.

Just before the November campaign of 1942, New Zealand and South African teams played a stirring match in the Western Desert. A firm patch of desert had been selected, goal posts had been erected, and the side lines scratched in the sand. Thousands of soldiers watched the game, many of them packed close on nearby sand-hills, and all, for an hour or so, concerned with one thing only—that their team should play well and win. It was an astonishing sight, the more so because of the possibility of an enemy air raid, while all round the outskirts our anti-aircraft guns were sited to protect the area.

This sort of thing the enemy cannot understand. He doesn't know what it means to mix business with pleasure. To our soldiers it means a complete relaxation from war and everything connected with it, and it has been a factor in keeping up our morale.

Rugby football is not the only sport which has helped in this way. In our base camps where material has been available, we've been able to include periods of organised sport in the training syllabus. In Maadi last summer, our unit made sporting material available during leisure hours, and on one full afternoon during the week every soldier had to take part in organised games. These were run on the bull-ring system, i.e. soldiers would take part in one game for a certain time and move on to another. Provision was made for basketball, baseball, deck-tennis, medicine ball and cricket, while in addition there was boxing instruction, swimming and athletics.

I feel certain that these organised games helped to make our men good soldiers, just as I feel that a proper training in games is a valuable part of our education. I would stress particularly the value of the team game. I don't mean that the individual games are harmful—there is time later for them—but team games play a most important part in building character. We cannot all be in the top team, but we can try to get a place in some team, and our pleasure in the game and the value we get from it is great or small according to what we put into it. The boy or girl who learns really to concentrate on the game and play with heart and soul, gets most from it.

Many of you will next year be starting secondary school. In most schools team games both in summer and winter are compulsory. Yet it is surprising the number of secondary school pupils who manage to miss the organised games. It is most important to enter fully into things during your first year. It becomes more difficult to make a start as time goes on. All boys and girls MUST learn to

swim during their first year, if they have not already done so. It is amazing how many people have never learnt to swim and are ashamed to admit it. In Egypt we were camped for a period on the shores of the Mediterranean, and I determined to find out how many men in my company could not swim. About 40% had never been taught! We organised classes in the sea and did our best; but it was difficult to get results in those conditions.

Boys in their first year should learn boxing. If they leave it till the second or third year, they suddenly feel self-conscious about joining a junior class and don't learn at all. A knowledge of boxing is just as essential to-day as ever it was, and even though many of you will never be called on to show your prowess, the fact that you can box will in later life give you added confidence in handling men.

Remember, then, boys and girls alike, that during your school life, sport is very important in developing your character as well as your body. Through it you can learn that winning is not everything, though you must always play to win. You will learn to win charitably, and not make your opponents feel their defeat; you will learn to lose without rancour, and always to accept the referee's decision, whether he is right or wrong. Remember it is more difficult to be a generous winner than to be a good loser. You will always play according to the spirit of the game as well as to the rules, put your best into it, and, above all else, realise that it is better to win a reputation for playing fair than to win one for playing well.

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SWIMMING

By Miss Doreen Brown.

In swimming you have the one sport in which you can have as much fun as your mates who are healthy and strong. Lots and lots of children who are cripples have learned to swim, and swimming has improved them so much that their disability can hardly be noticed. There is no limit to what you can achieve in the swimming world. For example I would like to mention Miss Mona Leydon who was crippled by infantile paralysis and lost the use of one leg. Miss Leydon learned to swim and eventually rose to be the Champion Lady Swimmer of New Zealand. You, too, can do this if you will just practise hard enough.

Now the very first thing you must do is to get used to the water. Confidence is the first essential in swimming. Romp and play about in the water. Next try holding your nose, closing your eyes and popping your head under the water. Then try this again, only open your eyes under the water. You can practise this at home using a basin of

water. Drop a penny in the basin and try to see and pick it up while your face is under water. Next, when in the swimming pool, grasp the side or rail, take a deep breath, go under, hold the breath for a moment and open the eyes as the breath is let out through the nose and mouth. You will find your breath makes bubbles which you can watch rising to the surface.

Try to remember not to be in too big a hurry whatever you are doing in learning to swim. Practise everything you are told to do, until it becomes quite easy.

Next you must learn to float. Stand in the water holding the rail or side, take a deep breath, lower your head and allow your feet to rise to the surface behind you. Don't be stiff in anything you do. Now you learn to float without the support of the rail. Stand a few feet away from the edge of the pool, arms stretched out in front of you, lower your head, push off with your feet and glide to the edge. Practise this until you can go at least half way across the bath.

Once having gained confidence in the water and mastered the elementary strokes outlined here, there is no end to the fun you can get out of swimming. Learn to swim and you will be happy, healthy and useful.

There are all manner of aquatic games which you can learn to play. You can play games with a ball which will eventually lead you to water polo, which is the most fascinating, exciting and strenuous of games. You can have balloon races, hobbling for apples tied on a string, leap frog, follow the leader and, of course, you can go in for racing and enjoy competing against your mates.

When our next journal is issued I hope to give you details of other strokes and how to improve your swimming generally. There is breaststroke and backstroke, so necessary if you are to learn life-saving, and you can learn lots of trick dives too.

Here are one or two things you should **NOT** do for your own safety and the safety of others:—

1. Don't bathe too soon after a meal. Wait at least an hour.
2. Don't go beyond your depth alone.
3. Don't jump or dive into water the depth of which you do not know.
4. Don't stay in the water when feeling numb or cold.
5. Don't try to swim across rivers, streams or currents.
6. Don't stay in the water until you are overtired.
7. Don't bathe away from the crowd. There is safety in numbers.
8. Don't bathe outside the marked safety areas on the beaches.

Here is what you have to do to gain the Primary School-children's Certificate (also known as the Breast-stroke Certificate):—

Swim fifty yards breast-stroke.

Swim twenty-five yards back-stroke (with breast-stroke kick and without the use of arms).

Dive from the surface of the water to recover an object (brick) from a depth of not less than five feet.

For the Intermediate Certificate:—

Rescue and release drill on land.

Resuscitation and promotion of circulation.

Questions on the use of these methods, on resuscitation and the treatment of the apparently drowned.

The first four methods of rescue and all three methods of release in the water.

Surface dive.

One hundred yards breast-stroke.

Fifty yards back-stroke (without use of arms)..

Bronze Medallion:—

The tests for this award are the same as for the Intermediate Certificate, but a much higher standard of efficiency is required throughout.

It is very possible that classes for life saving are held at your school, but if they are not you have only to apply to someone belonging to a swimming club and he will put you on the right track. The Royal Life Saving Society is always willing to teach you and you have but to ask and you will receive all the instructions you require to make you a good life-saver. If you have already learned to swim, don't leave it at that, take up life saving and place yourself in the happy position of being one of that happy band of people who can serve and help their fellow men.

SURF LIFE SAVING.

Contributed by the Canterbury Surf Life Saving Association

A person who takes on surf life saving must be a keen swimmer and preferably be a holder of the Bronze Medallion of the Royal Life Saving Society. This award is the hall-mark of ability to rescue a person from drowning in either still water or rivers, and it is necessary to have this award before passing the test for the "Surf Medallion," which is the recognised standard of ability in Surf Life Saving.

Many rescues in the sea are carried out single-handed, or by a team of three or four; but rescuing a person within $\frac{1}{4}$ -mile from the shore is most efficiently carried out by a team of six, operating a reel, line, and belt.

Equipment: All gear is standard and consists of a reel, line, and belt, with a blanket hung on the back of the reel.

The line is a three-strand cotton rope of $\frac{3}{4}$ in. circumference with a breaking strain of not less than 400lbs. and a length of not less than 480 yards.

The belt is made of waterproof canvas, enclosing six corks, four in front and two at back. A neck strap is secured to the front, and two brass rings at the back provide secure attachment to the line.

The reel has a kauri drum supported on a frame of Southland beech. The drum has a mild steel axle with handle and brake.

The blanket is plain grey, approximately 6ft. x 4ft.

How a Surf Team Functions.

A life saving team consists of six men, each member of the team having allotted positions. When the alarm is given that somebody is in difficulties, one man (the support) immediately swims out and supports the patient, while another man (the beltman) swims out in a belt, towing a line which is played out to him by three linemen, while the remaining member of the team (the reelman) controls the unwinding of the line off the drum of the reel.

When the beltman has reached the support and patient, he takes over the patient and signals to the linemen and reelmen to haul-in.

They are pulled steadily into the shore, care being taken that the linemen stop hauling when beltman and patient are overtaken by a breaking wave, as the beltman must lift the patient over the breaker and must not lose his grip.

When the patient is brought to shallow water, the three linemen carry him up the beach and carefully place him face downwards on a blanket which has been placed for the purpose by the reelman.

After covering the patient with the blanket, the linesman on the left-hand side draws the patient's arms backward so that the upper part of the arm is at right angles to the body, and immediately commences resuscitation.

Resuscitation, or artificial respiration, as it is more commonly called, is the method of attempting to restore breathing to an apparently drowned person. The operator kneels at the side of the patient and places his hands so that they cover that portion of the abdomen immediately above the crest of the pelvis and below the fixed ribs. The fingers should be kept together and the little fingers be in a straight line around the loins with wrists turned inwards so as to prevent bending at the elbows. By rhythmic backward and forward movements in this position, there is complete freedom from muscle strain to the operator, which is an important factor when it may be necessary to continue for an hour. Each complete movement shall take 5 seconds—2 seconds expiration (forward movement) and 3 seconds inspiration (backward movement).

And now one final word of advice. Join a swimming club, and then don't be shy of asking someone to help you with your swimming. Older people are always ready to assist you and in the club you will find others who, like yourself, are striving to be good swimmers. It is lots more fun and easier to learn in company.

LIFE SAVING.

Having once learned to swim, boys and girls, it is really necessary that you should learn life saving. Swimming is not a dangerous pastime but "accidents will happen" and there are always those careless people who will take risks and get themselves into difficulties. It is a wonderful thing to know that you are proficient enough to help people who are in trouble, and everyone who swims should certainly know how to take care of himself and of others. Some people, as soon as they are in trouble in the water, get into a panic and will grab at anything or anyone that comes near them. Unless you know how to take care of yourself in such circumstances you are very likely to be placed in great danger.

The first essential when learning to life-save is to learn to swim breaststroke and backstroke. These strokes are not so easily learnt at first and require lots of practice, but once learnt you will never forget them.

It is also most important for the would-be life-saver to know how to dive from the surface and recover a body from the bottom of a pool or river.

Two other essentials are to know how to release yourself from the clutch of a drowning person and how to revive him when he is got to the safety of the beach or side of the pool.

It is not easy for anyone to learn how to do these things properly without the aid of someone who is already proficient, and the Royal Life Saving Society exists for the purpose of teaching you these things.

There is a splendid handbook of instruction costing only 1/3 which is full of the most useful information on the subject of life saving. This will give you full details of how to go about learning proper methods and also the various awards which the Society grants to those who pass their examinations.

The Society issues several different awards, from the Primary School-children's Certificate, which is quite easy to gain, to the Diploma, which is the highest award you can get for proficiency in life saving and swimming ability. If you gain the Bronze Medallion of the Society, you are a fully qualified life-saver and that is certainly something to be proud of.

In Surf Life Saving it is essential that each member of a team works in harmony with his team-mates; therefore a definite form of drill is laid down which is fully explained in the Handbook of the N.Z. Surf Life Saving Association. The Artificial Respiration section is also fully explained with illustrations in various handbooks of the Royal Life Saving Society, and Pamphlet 8—H3 of the Department of Health.

The preliminary training of surf drill is practised on dry land in the school playground or on the beaches, before carrying it out in the sea.

Advice by a Prominent Surf-man.

1. Bathe only between safety flags or where directed by Surf Club Patrol.
2. Do not interfere with surf reels or any life saving equipment.
3. Bathe only when feeling warm, and come out of water immediately you begin to feel cold.
4. Do not stand and shiver at the water's edge but run in and plunge through the first breaker you come to.
5. Should you sometimes suffer from earache, always plug your ears with cotton wool.
6. If caught in undertow, do not shout or struggle wildly. If someone is near you, call for help, but if they are too far away to assist, signal for help by waving one arm, then float or swim as easily as possible till assistance is forthcoming. By floating, you will probably drift into a shorewards current, and be carried in without assistance.
7. Never playfully call or signal for help unless you really need it, because someday someone who has seen you do this may think you are only playing when you really do need help.
8. If life savers are effecting a rescue, do not crowd round reel and do not on any account handle the life line. If a patient is landed on the beach, keep back so that room and fresh air are available to those who need it.
9. Take care when the tide is changing, especially at low tide, and also on the Brighton Beach when a north-west wind is blowing, as there will be a strong current running down the beach from north to south.
10. If you are keen on swimming, have a talk with the beach patrol, or any surf club member, who will be sure to help you. Remember, all surf clubs are keen on junior swimmers joining up and helping with the good work.

CRICKET.

By H. W. Rogers.

Cricket is a game that stands for all that is upright and honest, and the words—"It isn't cricket"—conveys the meaning that the action is not that of a true and clean-minded Englishman.

Apart from the health-giving exercise in the open spaces, the game itself calls for concentration, quickness of thought, and strict unselfishness. Team work is the essence of good sport and individuality must be a secondary consideration. That does not mean that individual effort is not required, as there is no summer sport that calls for more practice, in order to co-ordinate the actions of the eye, mind and muscles.

In the batsman, a fraction of time is allowed in which to determine the proper stroke to be made in dealing with the various types and speeds of the ball as it leaves the hand of the bowler.

The wicket-keeper also has a minimum of time in which to act, and to a lesser degree the fieldsman, so that concentration, alertness and fitness are essential in the moulding of a good cricketer.

Again, the bowler needs to exercise to the fullest extent his mental capacity in order to determine the weaknesses of the batsman, and to offset any favourite shot that he may turn to advantage.

Each different phase of the game needs special coaching as the varieties of the game are legion.

Firstly, the batsman must be taught the correct stance, then the correct footwork required to make the most of each individual ball, and the strokes necessary to accumulate runs, or in defence of the wicket; for it is not only necessary to strike the ball, but it is essential that the batsman be taught to hit the ball in the proper direction, or to play a merely defensive shot.

Again, patience is often necessary, in order to play ball after ball with no apparent gain.

Bowling is another phase of the game that calls for more and more practice, as the mere delivering of the ball up to the batsman is not the only task of the bowler. Variation of length and pace requires practice, and accuracy of direction is acquired only after hours of patient practice.

Fielding is becoming a lost art, and should be considered as most of the most enjoyable phases of the game. Anticipation plays a big part in the art of fielding, and this can be learnt by concentration on the bowler's and batsmen's actions. Many fieldsmen, young and old, stand still in the field and let the ball come to them, but the expert fieldsman is always on the move in order to avoid the split second necessary for a start.

In Canterbury the Primary Schools' Cricket is fortunate in having good grounds provided by the Canterbury Cricket Association at Hagley Park, Sydenham Park, and at Lancaster Park when available.



Bradman—a view from square with the wicket.



Bradman as he is seen by the bowler.

BATTING.

By Ián Cromb.

Stance is the most important and the first thing to learn about cricket. Without a comfortable stance you can never be in the first-flight as a batsman. Be comfortable; don't stand too erect and on the other hand don't crouch too much. Distribute the weight equally on both feet and have the back foot so placed that there is always a margin of safety should you play forward and miss the ball. Be NATURAL and don't go to EXTREMES.

REMEMBER, as the bowler comes up to bowl and BEFORE he delivers the ball, pick up your bat and raise yourself on the balls of your feet. This is the ready position, and is most important. Get off your heels and pick up your bat. These hints just given are more important than any to follow, and without them you will never be a good batsman.

GRIP: The grip must be comfortable and if you are a right-handed batsman you should find the V between the finger and thumb runs down the handle to meet the

edge of the bat just as if you are shaking hands with the bat. The right hand falls into position naturally, and when attacking the hands are close together. When on defence the right hand slips lower down the handle.

First and foremost in cricket is defence. Without defence, no matter how many shots a batsman may have, he will never become a champion without sound defence. Try to play the ball off the inside of the right leg when playing back. This, of course, necessitates moving so that the body is behind the line of flight of the ball. You must use your feet.



I. B. Crompton and M. L. Page going out to bat in the Army v. Air Force Match at Lancaster Park, 1943. Both are N.Z. ex-Captains.

BOWLING.

How to hold ball for an Inswinger and an Outswinger.



1.—Inswinger.



2.—Outswinger.

Compare position of initial finger in Fig. No. 1.



3.—Showing position of thumb and other two fingers.



"This grip is used by many famous players for a defensive shot.

Drives include the cover drive, off drive, straight drive, and on drive. In all these shots the ball must be hit after it passes the foot and not before it reaches the foot. Be sure to make the bat finish where you intend the ball to go. Do not hit across the flight of the ball.

LEG SIDE: On the leg side all shots must be played straight to mid-on and not to square leg, as this will only result in getting out l.b.w. or a simple catch at square or short leg. Make your bat finish where you want the ball to go. Play straight—never across the flight of the ball.

BOWLING: All boys dream of being a great fast bowler. The first essentials are strength, a great heart, and height, and on top of all this a boy must be very, very fit, so if you are not prepared to train, do not dream of being a fast bowler. It requires great courage and health.

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GIRLS' CRICKET.

By Miss G. S. Goldsmith.

With the advent of women into practically all fields of sport, it is only natural that cricket should find its way to the fore. Cricket, the very backbone of the English people, with its suggestion of green playing-fields, white-clad figures and sportsmanship, captured the imagination of women.

The game in New Zealand has now reached the stage where women would benefit by playing with experienced cricketers, and it is hoped that the coming year will see some of the more seasoned players turning out to coach the girls. What is most necessary is the coaching of the school-girls. There are few schools in Christchurch where cricket is included in the list of sports for girls, and it is here that women's cricket begins—schoolgirls of to-day are the provincial representatives of to-morrow. Teachers would not only be doing the Association a service, but also be giving the girls a treat if they would introduce cricket for girls in primary and secondary schools. One secondary school in Christchurch has already set a wonderful standard, of which any school might be proud. They have proved that school girls, with their young quick eyes, and their agility on the field, can sometimes triumph over more experienced players, and they get a lot of fun out of playing as a team—not only an enjoyable afternoon's not-too-strenuous sport—but a social affair as well.

In the eleven years that women's cricket has been in vogue in Canterbury it has proved a healthy and a fine relaxation for the young women of the community. It provides excellent exercise with very little risk of injury. It has been noted, too, that those who take up the sport seldom abandon it in favour of another.

BASE BALL

By the N.Z. Women's Baseball (Softball) Association (Incorporated).

HOW TO PLAY THE GAME.

PLAYERS: Pitcher, Catcher, 1st Baseman, 2nd Baseman, 3rd Baseman, Right Shortstop, Left Shortstop, Right Outfield, Centre Outfield, Left Outfield.

THE GAME is played by ten players on each side, one team fielding while the other players take their turn at bat. The baseball field is a square with a side of sixty feet, at the corners of which are the four bases and referred to as "The Diamond" (see diagram). The ball is delivered from the centre of the field to the batter, who stands at home base. She attempts to hit the ball so that she may run one or more bases. The fielders attempt to put her out by the methods described later in this article. The bases are canvas bags 15 inches square, with the exception of home base, which is a rubber plate measuring 12in. x 12in., or 17in. corner to corner. On both sides of the home plate rectangles are marked out in which the batter must stand when striking.

Thirty-five feet in front of home plate on a line to second base, is the pitcher's plate, of wood or rubber, measuring 24in. x 6in. The pitcher is the player who delivers the ball to the batter. She must deliver the ball underarm so that the hand is below the hip, and the wrist not further from the body than the elbow. The art of pitching is to deliver the ball so that the batter is unable to hit it.

One of the most important members of the team is the catcher, who stands immediately behind the batter and catches all balls not hit by the batter. She must, therefore, be able to take balls which fly off the bat at an angle, and she must also be able to throw quickly and accurately. There is one player stationed near each of the bases, so as to be able to touch the base with the ball before a runner arrives there, and thus dismiss her. There is also two shortstops, playing within the diamond between first and second, second and third bases, to field balls that may be beyond the reach of the basemen. They are the most active players in the field, as they must take a baseman's place should the latter run after a ball.

The remaining three players constitute the outfield, and their duties are to field and return balls which pass beyond the reach of the infields. Besides being reliable catchers, they have to be able to throw with accuracy, and they should also be very quick to back each other up.

The function of a batter in baseball is to attempt to hit all balls which pass directly over the home plate between the height of the knee and shoulder, as these count as strikes against her whether she hits them or not. She must

also decide quickly whether the ball is a strike, because ANY ball at which she SWINGS, whether a strike or not, registers as a strike. After three strikes have been called on the batter, she is out. She must run on the first ball she hits which settles within the diamond, or passes over the diamond on its flight. A ball which she hits and which settles outside of the right-angle formed by the lines from home to first and third bases is a foul hit ball. A foul ball counts as a strike against her UNLESS she has had two strikes previously, after which a foul ball ceases to register. As soon as the batter has made a fair hit, she runs to first base or further if she thinks she can make it. If the pitcher delivers FOUR balls which do not pass over the home plate at the correct height before the batter has had three strikes, the batter is allowed to walk to first base without liability to be put out. When she makes a hit and the ball is caught by any fielder, or is thrown to first base and held there by a player in contact with the base, before the runner arrives, she is out.

After a runner has made a base or is put out, the next player in the team batting order becomes the batter. When she makes a hit, the runner on first base must vacate that base and run to second, as no two players may be on the same base, nor may one runner pass another. When a runner is not in contact with her base, she may be put out by being touched with the ball by any fielder. Thus it is necessary that a runner be able to stop dead when she arrives at a base, except first, when the runner is permitted to run past first base, but must touch it in passing, for if she over-runs, she is liable to be dismissed.

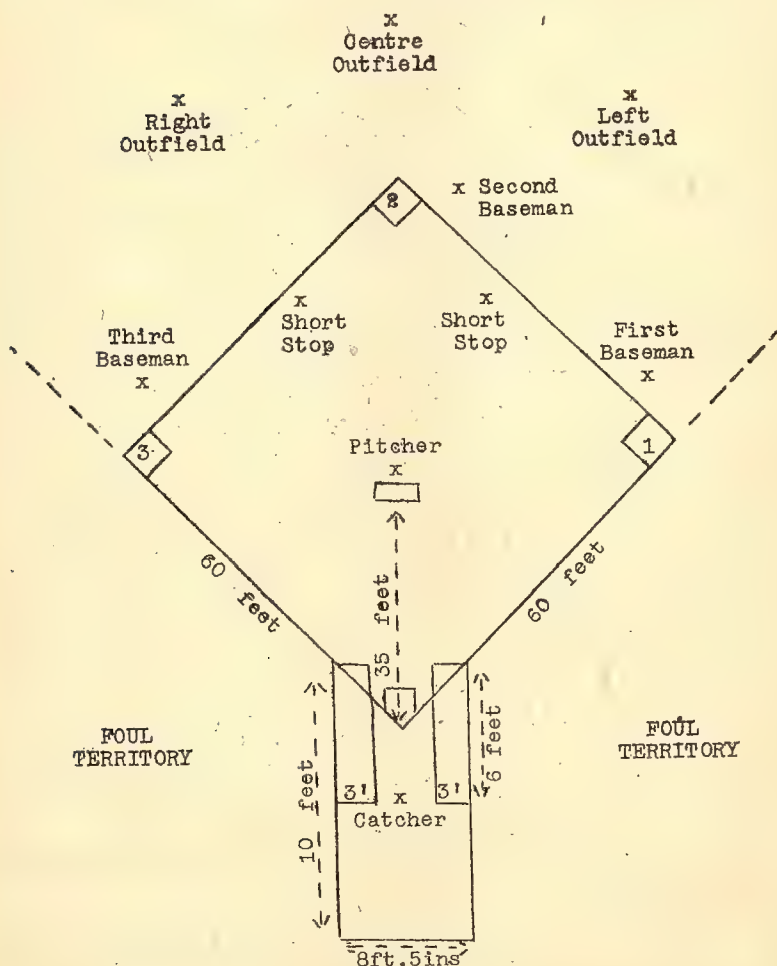
The only remaining point in baseball is the method of scoring. Each team has a definite batting order, and when a player has completed a circuit of the diamond and returns home, she scores a run. There are seven innings in the game, and an innings closes when there are three players out. Unlike cricket, a player may be put out more than once in each innings, when the other nine players have batted and it is her turn to bat again. A "home-run," that is a complete circuit on the one hit, just counts the same as a run in which the player never strikes the ball. In fact, more credit is attached to a runner who "steals" a base than to one who runs a base on the hit of another. A base may be stolen when the catcher fails to hold a ball which the batter does not strike, and the runner makes a base. A base may also frequently be taken when first or third baseman fails to hold a ball thrown to her, and as a result it passes on to foul ground. Of course, the runner is liable to be put out in both cases if the ball is returned before she arrives to the base to which she is running and is tagged with the ball.

A brief summary of the rules UNDER WHICH A PLAYER MAY BE PUT OUT should be of interest. Firstly, if she makes a foul hit which is caught by a fielder. Secondly, immediately after three strikes have been called. Thirdly, if a fairly batted ball is caught before it touches the ground. Fourthly, if the ball is securely held by a player contacting a base before a runner arrives. Fifthly, if she is touched by the ball in the hand of a fielder when she is not in con-

NEW ZEALAND WOMEN'S BASEBALL (SOFTBALL) ASSOCIATION
(Incorporated)

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DIAGRAM OF FIELD AND PLAYERS' POSITIONS



tact with a base. Lastly, if, when a hit ball is caught, a runner who had attempted to run a base while the ball was in flight must return to the base before the ball is securely held there, or she is tagged by a fielder.

Players must be excellent throwers and quick thinkers, as will be seen when a played fielding finds there are three opponents running between bases, and she has to decide which runner is likely to be most easily put out, and to throw the ball accurately to the baseman.

HINTS TO PLAYERS.

Batter: Good batting comes after much practice, it being necessary to develop a quick eye, good foot position and a good grip of the bat. Stand fairly well away from the home plate, and following through with the swing of the bat.

Running Bases: Immediately the ball strikes your bat, do not hesitate, run as fast as you can to first base. Do not watch the ball; if it is a foul ball, the umpire will call you back. If you are on base, as soon as the ball has left the pitcher's hand, take a lead off your base and watch the ball; if it is a ground ball, run as quickly as possible to next base. If the ball is likely to be caught, be prepared to get back to your base. Never take your eye off the ball.

Fielding: Always keep your eye on the ball, and watch the runners to see where they are, so that you will know where best to throw the ball if it should come to you. Learn to field cleanly and throw accurately to any baseman.

Basemen: You have to do the same as the fielders, besides being able to catch cleanly any ball thrown to you, while you have your foot in contact with your base if a runner is forced to run, or be in a position to tag a runner, if she is stealing a base, before she touches your base.

TENNIS

By Reg Hill and E. A. Lee.

Why do young people play games?

Probably you have never thought of that. Can you pick out the best reason from these?

1. Because it is good fun.
2. It takes up spare time.
3. It makes one healthy.
4. It helps one to make more friends.
5. It helps one to join with others in team games.
6. It gives one a liking for a sport that can be played long after school days are over.

Do you realise that some games you play in youth cannot be played for very long after you grow up? A wise person looks ahead to the future. What game do you intend to play when you grow up, say at 40, when your body needs the exercise that you won't get in any other way?

There are plenty of questions, to be sure, but what are your answers?

We suggest you seriously think of playing Tennis. It is mainly a summer game but it can be played in the winter, too, on hard courts. It can be played nearly all your life—even at 70—and can be made as easy or as hard as you like. You can play in a team, or in tournaments against others, or against one another player. It is a good social game, that is, you mix with other people. It is an open-air game.

To be sure there are some disadvantages. Every school does not possess tennis courts. You need to learn to take great care of your playing gear (such as racquets, shoes and balls) because these are not provided free. Some people in the past have spoken of tennis as a "Cissy game, only fit for girls." Don't believe it, but go and see some of the best players at a big tournament.

HOW AM I TO LEARN TENNIS?

You can teach yourself to play; and get plenty of fun while learning. If you are really keen, there are many books on the subject. School team games such as football and cricket are taught mainly because there are not enough teachers to give individual attention to learners, and so tuition is given in a mass to teams. Another reason why tennis has not been played as a school game is that, all schools had not enough money to lay down sufficient asphalt for playing tennis. A third reason has been given, that a few tennis courts would not allow enough children to play. Here is an interesting table showing how many players an acre will accommodate.

Baseball	5	Cricket	15
Croquet	5	Hockey	16
Soccer	8	Tennis	32
Rugby	12	Bowls	92

JOINING A CLUB.

Perhaps your school is fortunate in having a court. If not there may be, and probably is, a tennis club where you can become a junior member. These clubs encourage keen juniors (see list of clubs) and some give free membership to school players, and even help to teach them the game. Older people often excuse themselves by saying "I never had the chance of learning a game." You have this chance now. Here is a list of Christchurch clubs:—

Addington, Addington Catholic, Avonside, Barrington, Belfast, Burwood Park, Canterbury College, Cashmere Hills, Cathedral, Edgware, Elmwood, Fendalton, Linwood, New Brighton, North Beach, North Linwood, Opawa, Redcliffs, Riccarton Domain, St. James, St. Martins Valley, St. Mary's, St. Paul's, St. Phillip's, Shirley, South Christchurch, Sumner, Te Whaka, United, Waimairi, Woolston.

WILDING PARK.

Have you heard of Wilding Park, named after our Christchurch world champion Anthony Wilding, killed in the Great War? Have you seen this Park? It is one of the finest playing areas in the world. Every Saturday morning, in the season, a hundred boys and girls of Christchurch primary schools play games there, free, with everything provided except shoes and racquets. Thirty schools play regularly, finishing the season with a tournament.

PLAY SOME GAME.

The Council of Sport wants every boy and girl to play some game. The Council's aim is to have more opportunities to play, more grounds, better grounds, more and cheaper playing material, more teaching of games.

After this war, the tremendous production made possible by machines will allow people greater leisure time for the recreation of the body. Now is the time, while you are at school, to make yourself ready for reconstruction by grasping this opportunity of learning a game such as tennis.

When you leave primary school and go to a secondary school you can play in their weekly matches and yearly tournaments.

While learning the game, tennis may seem like hard work, but try to keep in mind that you are out for healthy recreation and enjoyment and always strive to make progress. Much practice is essential but you will get a great "kick" out of it when you realise that you are improving and beginning to master the various strokes.

Lawn tennis is a game which will help to build physique and stamina and develop the power of concentration if taken seriously, but always remember the great thing is—play the game for the game's sake—and you will then be well rewarded.

How to score:

First of all the server's score is always called first. When a player wins the first point the score is called 15 for that player—i.e. either love-15 if the server loses the first point, or 15-love if the server wins the first point.

On a player winning his second point the score is called 30 for that player.

On a player winning his third point the score is called 40 for that player.

If both players win three points the score is called deuce. One player must then win two points running before he wins the game. When he wins one point the score is called advantage in (if the server wins) or advantage out (if the opponent wins). If each wins a point the score is still deuce.

Now try and work out in what order the points were won in this example:—

A.	B.
Love	15
Love	30
15	30
15	40
30	40

deuce
 "Van in"
 deuce
 "Van out"
 game.

The most important thing to watch if you want to be a good player is to be able to pay all shots equally well—forehand, backhand, smashes and volley (this is, playing the ball before it bounces). If you have a weakness your opponent will soon find it. Whenever you are practising, therefore, never run round a shot—if you have a weak backhand give it plenty of practice.

The Service:

First your feet—these are just as important as your arms, hands, and racquet.

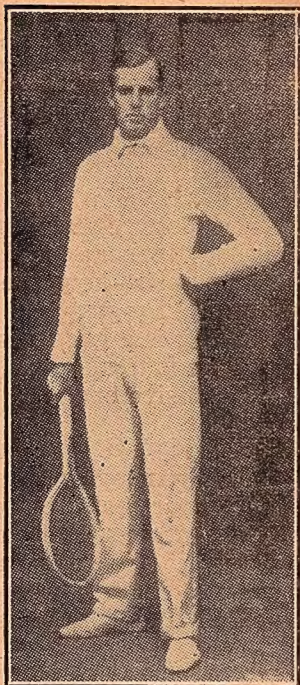
Do not stand with the body directly facing the net. The toe of the left foot should rest six inches behind the base line and the right foot about a foot or so behind.

The ball is thrown up over the left shoulder and the weight of the body falls on your right foot. The racquet is swung backwards and upwards with an Indian Club movement and as the racquet reaches the top of the swing the weight of your body is thrown forward on to the left foot and the ball is struck in the centre of the racquet **at the highest limit of your reach**. Be sure and allow your racquet to follow through. Do not develop a terrific first service—which never goes in—and a weak second service which your opponent can stand in to and hit for a winner. Try and control your services but never make a gift of your services to your opponent. Your service should be so placed that your opponent must move to reach it as that means that before he can hit the ball he must first get into position to do so.

The Forehand Drive:

Assuming you are right-handed your forehand should be played with your left shoulder pointing towards the net and you should be facing towards the side line. Keep the head of your racquet above your wrist and play the ball as far from you as you can comfortably reach. Allow your racquet to follow through after striking the ball and it should finish up over your left shoulder. The point of impact of ball and racquet should be opposite your left eye if you are hitting across the court and opposite your right eye if you are hitting down the court. Your feet should be nearly at right angles to the net. Remember—do not allow the ball to drop too far after the bounce. The earlier you can hit it the better. In this as in all other strokes—always **keep your eye on the ball.**

Anthony F. Wilding.



The late Anthony F. Wilding was one of the world's leading players, and easily the best exponent of the game New Zealand has produced.

The Backhand Drive:

A lot of players will run round this shot because of a lack of confidence in themselves. But remember the more you run round the backhand the weaker it becomes. If you have a weak backhand, therefore give it plenty of practice. If you are right-handed you should turn your hips to the left and advance the right foot a little more to the side line than the left foot: so

Swing the racquet well back over the left shoulder keeping the head of the racquet always above the wrist and the wrist stiff. The ball should be struck early and not later than in front of the right eye, and again allow the racquet to follow through in the direction of the flight of the ball. If you get your feet into position quickly the shot is easily played. If your feet are not correctly placed you will never develop a good backhand. Resolve now never to run round another backhand.

Smash:

This shot is again played with the shoulders at right angles to the net. Keep well under the ball and on impact hit well over the ball. Let the weight of your body swing forward into your stroke. If you jump for the ball lean slightly back and "collect" the ball just behind but well above the right ear.

The Volley:

The footwork here is just the same as in other strokes—the body turned at right angles to the net. The flat volley is like a punch—keep the fist rigid—the wrist firm, and the racquet tightly gripped. Keep well up to the net—about 2½ yards away is a good position—and be sure to hit the ball. Don't poke it weakly back. The volley is an attacking shot, not a defensive one.

Here are a few Golden Rules of Tennis:

Keep your eye on the ball.

Get your feet into position first,

Concentrate—keep on your toes.

Practise your weak shots, not your strong ones.

Don't become temperamental.

H.Y.B.T.—Hold your "bat" tightly.

* * *

VITAE LAMPADA.

There's a breathless hush in the close to-night,
Ten to make and the match to win,
A bumping pitch and a blinding light,
An hour to play and the last man in.
And it's not for the sake of a ribboned coat,
Or the selfish hope of a season's fame,
But his captain's hand on his shoulder smote,
"Play up! Play up! And play the game!"